

Addendum: Engage™ Consoles with Digital TV Tuner (PAL / DVB-T / FM)

M051-00K88-A003

The Digital TV Tuner (PAL / DVB-T / FM) adds digital television capability to the Engage Console for European and African countries and Australia. Check with your television content provider for the digital standard available in your country.

Additionally, the Digital TV Tuner supports existing analog TV and FM radio reception. This addendum contains information to be included with the following documentation:

- 95T Treadmill Engage Console Operation Manual
- 95X Cross-Trainer Engage Console Operation Manual
- 97C, 95C, 95R Lifecycle® Exercise Bike Engage Console Operation Manual



Guide: A GUIDE key has been added to the channel keypad. The Guide shows information on the channel you are watching and lists upcoming programming on that channel. Use the UP and DOWN arrow keys to scroll through the Guide.

Note: Guide information is only available on digital channels and is sent at the discretion of the channel operator.

		A6	D7-1 WLS-DT	D7-2
		10:00am	THE VIEW	
		11:00am	ABC7 News	
		12:00pm	ALL MY CHILDREN	
		01:00pm	ONE LIFE TO LIVE	
		02:00pm	GENERAL HOSPITAL	
		03:00pm	Inside Edition	
		03:30pm	Jeopardy!	
10:00am-11:00am		THE VIEW	Mon. 10/12, 01:08:58am	
V-Chip: TV-14		CC: 0-English		

SYSTEM OPTIONS MENU: TREADMILLS

Using the System Options Menu

Fitness facility managers and other authorized personnel can use the Systems Options feature to change default settings, run system checks, enable / disable certain programs or displays on the Engage Console.

To enter the Systems Options Menu:

1. Press SELECT WORKOUT.
2. Touch the Life Fitness logo in the upper right hand corner of the screen **three** consecutive times.

System Options Overview

System Test

Allows technicians to run systems diagnostics.

Note: These tests should only be used by or with the explicit instruction of a qualified service technician.

System Test Menu 1

System Comm. Test
Motor Modules
Key Pad Test
Heart Rate Test
iPod Test

System Test Menu 2

Stride Sensor Test
External Serial EE Test
CSafe Network Test / Status
CSafe Loopback Test

Information

Allows authorized personnel to access statistics on machine usage (Statistics and Usage Log). All other information is designed for use by qualified service technicians.

Statistics
Software Versions
Main Motor Information
Lift Motor Information
Belt & Deck Information

Date & Time Information
System Errors
Maintenance Information
Usage Log
Channel Usage Log
Feature Usage Log

Configuration

Allows authorized personnel to access all configurable settings of the unit. Configurations which should only be changed by qualified technicians are password protected.

Manager
Manufacturer
Media Center
Custom Workouts
Touch Screen Configuration
Export / Import Settings

Vivo / Network
Create Your Own
Clock

Maintenance

Allows qualified service technicians access to submit part replacements.

Replacing Belt Deck
Replacing Console
Replacing Motor
Replacing Controller

Replacing Stop Switch
Replacing Overlay Bezel
Replacing Main Motor
Replacing Lift Motor

SYSTEM OPTIONS MENU: CROSS-TRAINERS AND BIKES

Using the System Options Menu

Fitness facility managers and other authorized personnel can use the Systems Options feature to change default settings, run systems checks, or enable / disable certain programs or displays on the Engage Console.

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2. Touch the Life Fitness logo in the upper right hand corner of the screen **three** consecutive times.

System Options Overview

System Test

Allows technicians to run systems diagnostics.

Note: These tests should only be used by or with the explicit instruction of a qualified service technician.

System Test Menu 1

System Comm. Test
System Diagnostics
Key Pad Test
Heart Rate Test
iPod Test

System Test Menu 2

External Serial EE Test
CSafe Network Test / Status
CSafe Loopback Test

Information

Allows authorized personnel to access statistics on machine usage (Statistics and Usage Log). All other information is designed for use by qualified service technicians.

Statistics
Software Versions

Date & Time Information
System Errors
Maintenance Information
Usage Log
Channel Usage Log
Feature Usage Log

Configuration

Allows authorized personnel to access all configurable settings of the unit. Configurations which should only be changed by qualified technicians are password protected.

Vivo / Network
Clock

Manager
Manufacturer
Media Center
Custom Workouts
Touch Screen Configuration
Export / Import Settings

Create Your Own

Maintenance

Allows qualified service technicians access to submit part replacements.

Replacing Console
Replacing GBC

CONFIGURATION SETTINGS: MANAGER

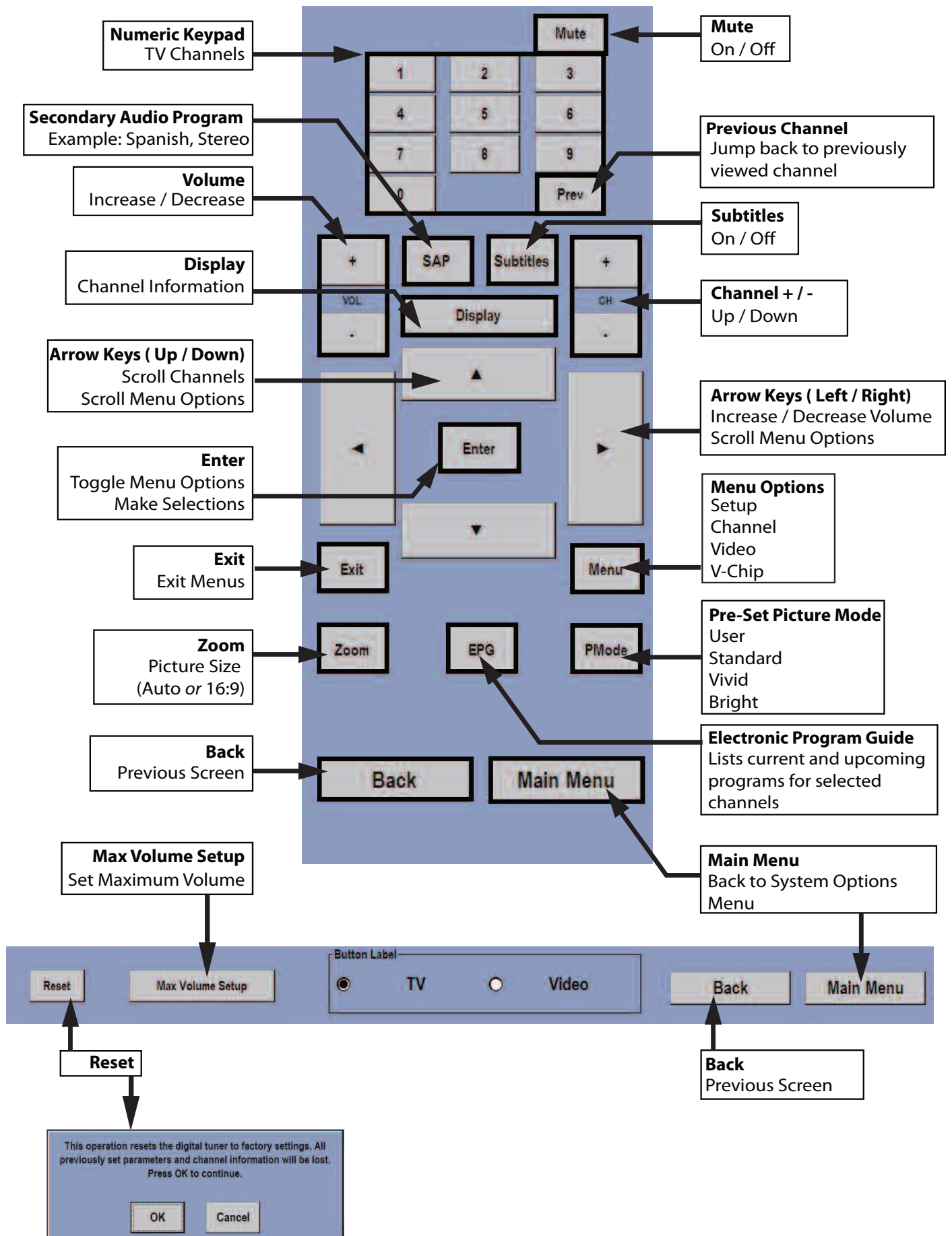
Manager's Configuration 1

Setting	Default	Description
Language	English	Select language of On-Screen Display. Choices: English, German, French, Italian, Japanese, Dutch, Spanish, Portuguese, Turkish, Russian, Traditional Chinese, Simplified Chinese and Korean.
User Language	English	Touch flag next to language to see other flag options. Use the ↑ ↓ buttons to change the order in which languages are displayed to the user.
Units	English	Select unit of measurement for weight, distance and speed. Choose English or Metric.
Workout Duration	60 Minutes	<u>Basic</u> : Set workout duration limits. <u>Advanced</u> : Set different workout duration limits during peak and non-peak hours of club traffic.
Maximum Speed (Treadmill only)	14 MPH (22.6KPH)	Set maximum speed.
Minimum Speed (Treadmill only)	0.3 MPH (0.48KPH)	Set minimum speed.
Standby Configuration	Enabled	<u>Inactivity Timer</u> : Enable / disable and set the inactivity timer in hours and minutes. <u>Auto Off / Auto On</u> : Specify the AM / PM hour and minutes that the unit should be automatically turned on and off.

Manager's Configuration 2

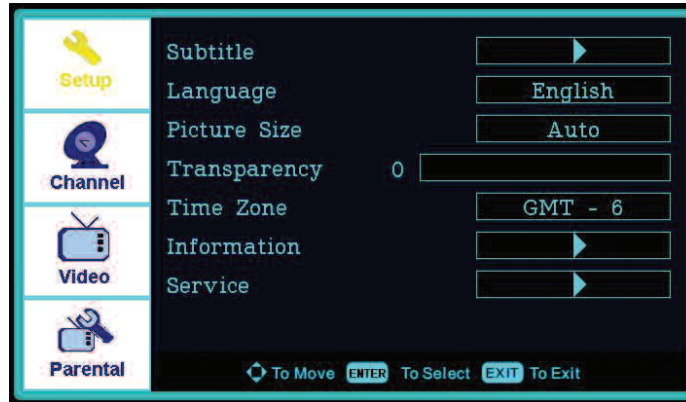
Setting	Default	Description
Fit Test Plus	On	Enable / disable the Military, Gerkin and PEB Fit Test workouts.
Virtual Trainer	On	Enable / disable the male and / or female Virtual Trainer.
System Sounds	On	Enable / disable the System Sounds.
Pause Time	1 Minute	Set the amount of time the unit can be inactive before it returns back to the Home Screen. The allowed range is 1 to 99 minutes.
Marathon Mode	Enabled	Enable / disable the Marathon Mode.
Telemetry	Enabled	Enable / disable the exercise option to use the Polar®-compatible Heart Rate Zone Training exercise chest strap for monitoring heart rate.
Custom Message	Enabled	Enable / disable the option to create and display a rolling Custom Message across the Home Screen.
Program Timeout	60 Seconds	Set the amount of time the user can go without touching the Touch Screen during workout setup before the unit switches to the Home Screen. The allowed range is 20 to 255 seconds.
iPod® / Nike+	Enabled	Enable / disable the iPod / Nike+ feature.
Activity Zone 3 Speed Keys (Treadmill only)	Enabled	Enable / disable the three Activity Zone speed keys: Walk, Jog and Run.
Acceleration Rate (Treadmill only)	3	Change the rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Deceleration Rate (Treadmill only)	3	Change the rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Max % Incline (Treadmill only)	15	Change the maximum incline grade to a value lower than 15 percent.
Belt Notification (Treadmill only)	Enabled	Enable / disable the belt notification icon.

CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP






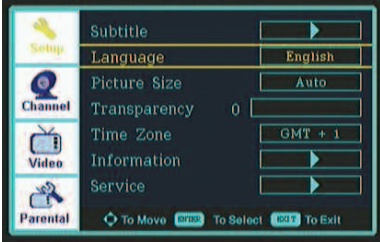
CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP: MENU OPTIONS

SETUP MENU






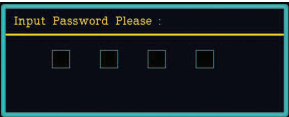
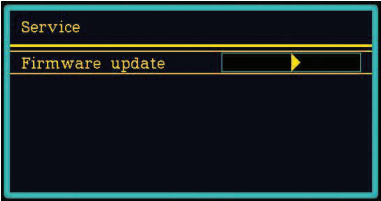
Menu Navigation:

- Use UP and DOWN ARROW KEYS to scroll through Menus and Menu Options.
- Use LEFT and RIGHT ARROW KEYS to move back and forth from Menu Options to Menus.
- Press ENTER to view Option Settings and make selections.
- Press EXIT to exit Menus, Menu Options and Option Settings

Setup Menu Options		Option Settings
Subtitle	  	<p>Select Subtitle Settings:</p> <p>Mode</p> <ul style="list-style-type: none"> • <i>Enable (default)</i> • <i>Disable</i> <p>Language</p> <ul style="list-style-type: none"> • <i>Off (default)</i> • <i>T1, T2, T3, T4</i>
Language		<p>Select On-Screen Display Language:</p> <ul style="list-style-type: none"> • <i>English (default)</i> • <i>French</i> • <i>Spanish</i> • <i>German</i> • <i>Dutch</i> • <i>Portuguese</i> • <i>Italian</i>

CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP: MENU OPTIONS

SETUP MENU (CONTINUED)

Setup Menu Options		Option Settings
Picture Size		Select Picture Size: <ul style="list-style-type: none"> • Auto (default) • 16.9
Transparency	 	Select Transparency: <ul style="list-style-type: none"> • 0 (default) - 100
Time Zone		Select Time Zone: <ul style="list-style-type: none"> • GMT -12 • GMT -11 • GMT -10 • GMT -9 • GMT -8 • GMT -7 • GMT -6 • GMT -5 • GMT -4 • GMT -3 • GMT -2 • GMT -1 • GMT 0 • GMT +1 (default) • GMT +2 • GMT +3 • GMT +4 • GMT +5 • GMT +6 • GMT +7 • GMT +8 • GMT +9 • GMT +10 • GMT +11
Information		Displays copyright and software information.
Service	  	Password needed for Service Option. <i>This option is for Life Fitness field service technicians only.</i>

CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP: MENU OPTIONS

CHANNEL MENU



Setup Menu Options			Option Settings
<div>Auto Program</div> <div>Manual Program</div>	<div><div>Auto program</div><div>ATV found0</div><div>DTV found0</div><div>Progress (%)0</div><div>EXIT To Exit</div></div> <div><div>Manual program</div><div>Channel474000</div><div>Lock statusUnlock</div><div>DTV found0</div><div>ATV found0</div><div>Progress (%)0</div><div>To Move ENTER To Select EXIT To Exit</div></div>	<div>Auto Program:</div> <div><div>Searches channels automatically.</div></div> <div>Manual Program:</div> <div><div>Searches channels manually.</div></div>	
<div>Channel List</div>	<div><div>Setup</div><div>Channel</div><div>Video</div><div>Parental</div><div>Auto program</div><div>Manual program</div><div>Channel List</div><div>Label Channels</div><div>Swap Channel</div><div>Delete Channel</div><div>Signal Quality</div><div>To Move ENTER To Select EXIT To Exit</div></div> <div><div>Channel List</div><div>CH 1 184.500M BBC ONEViewable</div><div>CH 2 184.500M BBC TWOViewable</div><div>CH 3 184.500M BBC THREEViewable</div><div>CH 4 184.500M BBC NEWSViewable</div><div>CH 5 55.250MViewable</div><div>CH 6 165.750MViewable</div><div>CH 7 221.250MViewable</div></div>	<div>Select Channel List:</div> <div><div>Customize channel list order.</div><div>Press ENTER to block / unblock.</div></div>	
<div>Label Channels</div>	<div><div>Setup</div><div>Channel</div><div>Video</div><div>Parental</div><div>Auto program</div><div>Manual program</div><div>Channel List</div><div>Label Channels</div><div>Swap Channel</div><div>Delete Channel</div><div>Signal Quality</div><div>To Move ENTER To Select EXIT To Exit</div></div> <div><div>Label Channels</div><div>CH 1 184.500M BBC ONE</div><div>CH 2 184.500M BBC TWO</div><div>CH 3 184.500M BBC THREE</div><div>CH 4 184.500M BBC NEWS</div><div>CH 5 55.250M</div><div>CH 6 165.750M</div><div>CH 7 221.250M</div></div>	<div>Select Label Channels:</div> <div><div>Customize channel names of Digital channels.</div><div>Use ↑ ↓ buttons to select letter.</div><div>Press ENTER to select next letter.</div><div>Press EXIT when done.</div></div>	
<div>Swap Channel</div>	<div><div>Setup</div><div>Channel</div><div>Video</div><div>Parental</div><div>Auto program</div><div>Manual program</div><div>Channel List</div><div>Label Channels</div><div>Swap Channel</div><div>Delete Channel</div><div>Signal Quality</div><div>To Move ENTER To Select EXIT To Exit</div></div> <div><div>Swap Channel</div><div>CH 1 184.500M BBC ONE</div><div>CH 2 184.500M BBC TWO</div><div>CH 3 184.500M BBC THREE</div><div>CH 4 184.500M BBC NEWS</div><div>CH 5 55.250M</div><div>CH 6 165.750M</div><div>CH 7 221.250M</div></div>	<div>Select Swap Channel:</div> <div><div>Highlight channel on list.</div><div>Press ENTER.</div><div>Use ↑ ↓ buttons to move name of channel up or down in list.</div></div>	

CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP: MENU OPTIONS

CHANNEL MENU (CONTINUED)

Setup Menu Options		Option Settings
Delete Channel	 	<p>Select Delete Channel:</p> <ul style="list-style-type: none"> • Highlight channel on list. • Press <i>ENTER</i> to delete channel name from list.
Signal Quality		<p>Select Signal Quality:</p> <ul style="list-style-type: none"> • Off (default) • On

CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP: MENU OPTIONS

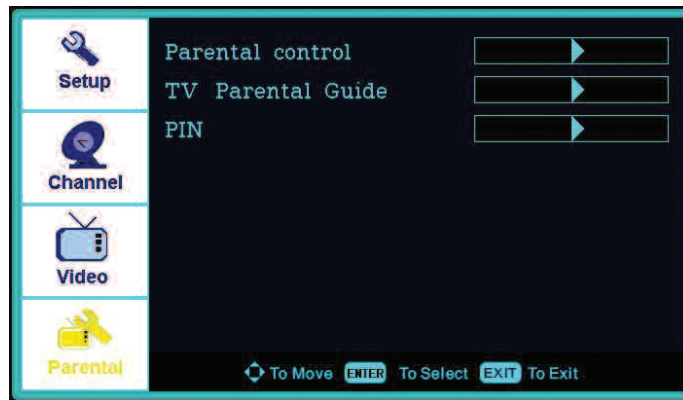
VIDEO MENU

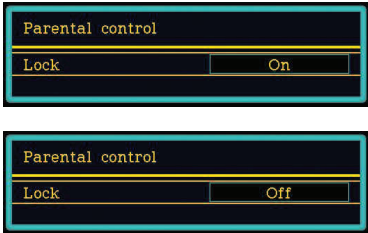
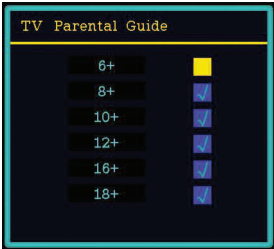



Setup Menu Options		Option Settings
Picture Mode		Select Picture Mode: <ul style="list-style-type: none"> • User (default) • Standard • Movie • Sports
Color Temperature		Select Color Temperature: <ul style="list-style-type: none"> • Neutral (default) • Warm • Cool
Brightness, Hue, Saturation, Contrast		In USER Mode only: Select: <ul style="list-style-type: none"> • Brightness* • Hue* • Saturation* • Contrast* <p>* all are preset in STANDARD, MOVIE, SPORTS Mode</p>

CONFIGURATION SETTINGS: MEDIA CENTER: TV SETUP: MENU OPTIONS

PARENTAL MENU



Setup Menu Options		Option Settings
Parental Control		Parental Control lock: <ul style="list-style-type: none"> • Off (default) • On
TV Parental Guide		Select TV Parental Guide: Choose age-appropriate filter: <ul style="list-style-type: none"> • 6+ (default) • 8+ • 10+ • 12+ • 16+ • 18+
PIN		Select PIN: Allows user to change Personal Identification Number <ul style="list-style-type: none"> • 0000 (default)

CORPORATE HEADQUARTERS

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Sales/Marketing Email: lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

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Schiller Park, IL 60176 U.S.A
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Fax: (847) 288 3703
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marketing.benelux@lifefitness.com
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Ely, Cambs, CB7 4UB
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Customer Support (+44) 1353.665507
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Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland

Life Fitness Europe GMBH

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(+41) 043 818 07 20 (Switzerland)
Service Email: kundendienst@lifefitness.com
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Austria Life Fitness Austria

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Marketing/Sales Email: kundenberatung@lifefitness.com
Operating Hours: 9.00h-17.00h (MEZ)

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Sales/Marketing Email: info.iberia@lifefitness.com
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9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

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Fax: (+31) 180 646 699
Service Email: service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
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All Other Asia Pacific countries & distributor business Asia Pacific*

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Operating Hours: 9.00h-18.00h